



Weimarer Fröhjahrs-OL, TRL/LM Mittel-OL

Weimar / 24.03.2018

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Ritter, Siegfried

□□: SV TU Ilmenau

□□□: 32:25

□□□□: 10:27 min/km

□□: 3.10 km / 13 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 4(of 12)

□□□□□□□: 28:28

□□: 3:57

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (53)	5:35	11	3:36	181.5	5:35	11	3:36	181.5
2 (54)	2:18	7	0:43	45.3	7:53	11	4:19	121.0
3 (41)	3:56	2	0:13	5.8	11:49	11	4:09	54.1
4 (58)	4:23	6	0:56	27.1	16:12	10	4:05	33.7
5 (44)	1:20	3	0:07	9.6	17:32	10	4:08	30.9
6 (39)	2:04	2	0:01	0.8	19:36	9	4:09	26.9
7 (63)	1:07	1	-	-	20:43	6	4:00	23.9
8 (38)	1:22	1	-	-	22:05	5	3:05	16.2
9 (46)	3:10	1	-	-	25:15	4	2:31	11.1
10 (34)	1:09	1	-	-	26:24	4	2:25	10.1
11 (33)	2:18	11	1:36	228.6	28:42	4	3:55	15.8
12 (64)	1:31	2	0:49	116.7	30:13	4	3:52	14.7
13 (100)	1:40	2	0:03	3.1	31:53	4	3:55	14.0
□□	0:32	4	0:04	14.3	32:25	4	3:57	13.9